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TFCC MOVES TO DOWNTOWN CAMPBELL



After 22 successful years in downtown Los Gatos, TFCC moved on May 13, 2005 to a new clinic location in the Water Tower II Building in Historic Downtown Campbell.

To celebrate the move and our new digs, we held an Open House and Ribbon Cutting Ceremony on September 22, 2005. Campbell Mayor Jane Kennedy and the Campbell Chamber of Commerce officially welcomed us to the community. Also attending were

the TFCC Board of Directors, current and former TFCC interns and staff, & many others.

Thank you, to all who made this move possible. We could not have done it without you! We look forward to residing in Campbell and continuing to serve the surrounding areas.



TFCC Board members welcome guests



Albie Jachimowicz,
TFCC Chair,
Board of Directors



TFCC's new Executive Director Georgia Clarke with past TFCC Director Pat Lake

Dr. Art Low, former Campbell Chamber President & Laura Jones

Our open house would not have been possible if it weren't for these generous donors:

- ↓ A Bellagio
- ↓ Camera Cinemas
- ↓ Mio Vicino
- ↓ Sonoma Chicken Coop, Chef Gary & his staff
- ↓ Starbuck's
- ↓ Streightball
- ↓ Trader Joe's
- ↓ Whole Foods
- ↓ Florence Cheung
- ↓ Marsha Wadley
- ↓ Waitte Foundation

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A MESSAGE FROM OUR NEW DIRECTOR

Georgia Clarke, M.A., Executive Director

Not so many years ago it was a stigma if a person went to counseling. Seeking help from a counselor was seen as failure; a life out of control; mental instability or some other "bad thing." Some families held the belief that what happened in the family, stayed in the family.

Thank goodness that attitude has changed throughout the years. Changed, no doubt, partly by the fact we live in California where Hollywood stars talk openly about their personal challenges and the progress they've made with the help of their counselors, coaches, and therapists. Regardless of the reasons, "going to counseling" is now more apt to be seen as a "good thing:" a sign of health and strength

rather than a sign of weakness. It means we are willing to work on ourselves, to improve our lives and the lives of those around us. We are all on a journey and at certain times of our lives we need a little help navigating the turbulent waters. Counseling provides us with the tools to be successful in our relationships with self and others. The more tools in our toolkits the better, right?

For over 22 years, TFCC has been supporting teens, families, individuals and groups with depression, anxiety, alcohol and other drug abuse, eating disorders, grief and loss, physical, sexual, and emotional abuse... all a part of the human condition. Lives have been positively impacted. This year we helped restore emotional balance to

the lives of 1,628 clients during 4,391 school and clinic sessions.

Tell your family, friends, neighbors and colleagues about TFCC, one of the few remaining low-cost counseling providers in the West Valley. Our goal is to double the number of clients in our Clinic and in the schools. We can't do it without your help in spreading the word. We have a staff of committed and caring professionals and the best counseling interns in the Valley!

We invite you to come visit our new facility at: 307 Orchard City Drive, in the Water Tower II Plaza. We are conveniently located near the light rail and there is ample free parking. Historic Downtown Campbell has many wonderful restaurants, shops, & coffee houses! Please help us build the kind of community we want to live in by choosing to support TFCC this year.

MINDFULLY MEETING THE NEW YEAR

Lisa Dale Miller, M.A., MFT Intern

The hustle and bustle of the holidays obscures the fact that the rainy, cool winter months open up more time for contemplation and reevaluation of the “shoulds” in our lives. Most of us live over-committed, complicated lives, with income-generation as our primary motivator. It can be hard to say “no” to work, family or group obligations. How many “shoulds” fill your daily schedule? Where do you put your energy and time? What do you cling to that is really dragging you down? These are tough questions that require reflection, time and patience. Real solutions are never quick and easy.

The holiday season is a traditional time for expressions of faith, hope, and optimism. Yet, as the days grow shorter, we are reminded that this is the

darkest time of year. Ancient cultures in the Northern Hemisphere created winter celebrations like Solstice, Christmas, Hanukkah, and Kwanzaa, to fill these dark days with light. Though less daylight can heighten feelings of sadness and malaise, winter’s darkness provides a rare opportunity for introspection. Like all things in the natural world, we too must rest.

Mindfulness practice is a wonderful method for quiet introspection. The intention of mindfulness is to increase self-awareness through a conscious bringing of attention to the present moment, without judgment.

Mindfulness increases our ability to meet each moment with wisdom rather than fear, opening us more fully to ourselves and to everything around us.

Tips for *Mindfully* meeting the New Year:

- ↓# Be fully where you are in each moment; not dwelling upon the past or planning the future.
- ↓# Don’t over-commit, over-extend, or over-exert. You have only one body, so treat it well.
- ↓# Listen more and talk less.
- ↓# When anger, frustration, or impatience arise, don’t lash out.. Instead, turn your attention inward, bringing compassion and mindful awareness to these feelings. You may find some deeper feelings that need real care.
- ↓# Take care of yourself and others by bringing loving kindness to all your interactions.

Lisa Dale Miller, M.A., is a former MFT Intern at our Clinic. She is also a teacher of mindfulness meditation & the Mindfulness-Based Stress Reduction

MEET OUR CLINIC DIRECTOR AND OUR NEW MFT SUPERVISORS

Supervision is currently lead by our Clinic Director and MFT Supervisors. Each are licensed MFT therapists and maintain private practices in the San Jose area. Our supervisors provide weekly clinical training and supervision to our interns & trainees.

Barbara Regan, M.A., LMFT has been our Clinic Director and supervisor of interns since 2003. Barbara previously served as Substance Abuse Program Director for Adolescent Counseling Services. She currently provides mental health evaluations for adolescents and adults in the area of substance abuse treatment for Santa Clara County, Juvenile Court and Department of Drugs and Alcohol. Barbara earned her M.A. in Counseling from San Francisco State University and a B.A. degree in Psychology from University of California, Santa Barbara.

New to our intern supervisory staff is **Marianne Vernacchia, M.A., LMFT**. Marianne joined our staff in

August 2005 and brings a warm spirit and caring touch to our supervisory staff. Marianne shares in individual and group supervision for our interns and also oversees several of our school relationships. In addition to her commitment to TFCC, Marianne maintains her own private practice specializing in addiction, depression and mood disorders.

Also joining our staff is **Angelique Bagley, M.A., LMFT**. Angelique came on board in October 2005 and brings an enthusiastic energy to our staff. She also shares in supervision and school relationship responsibilities. In addition to this role at TFCC, Angelique also maintains a private practice in San Jose and serves as the 2005 president of the California branch of Association for Play Therapy. She has a background working in school settings of all grade levels, private practice, and non-profit agencies.

For more info on our staff visit the “Who We Are” page on our website.

TFCC’S INTERN PROGRAM

Our intern and trainee program has opportunities in our clinic as well as the ten area schools that we serve. Clinic internships are open at various times throughout the year. We begin the recruiting process in early spring securing internships for the fall. Our supervisors attend local job fairs at colleges in the area.

Visit the Employment page on our website for up-to-date employment opportunities at TFCC.

REFERENCES & RESOURCES

SEE PG. 3 STORY: “INTERNET ADDICTION”

“A Parents’ Guide to Cyberbullying and Cyberthreats,” www.cyberbully.org

“Know the Rules..Internet Safety Quiz for Adults,” www.missingkids.org

National Center for Missing and Exploited Children’s report, “Online Victimization: A Report on the Nation’s Youth.”

For a free copy, call 1-800-843-5678

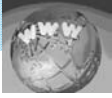
Report on-line crimes electronically at www.cybertipline.com or call 1-800-843-5678.

Internet safety tips for parents: www.getnetwise.com

REFERENCES:

“Internet’s parallel universe can lure teens into trouble,” by Ann Douglas, *Chicago Tribune*.

“Untangling the Web for Internet Addicted Adolescents,” by Joyce A. Shriner, Ohio State University, <http://ohioline.osu.edu>



Internet Addiction ~ Is the Internet Luring Your Teens into Trouble?

Georgia Clarke, M.A., Executive Director

Chances are your teen is the most technologically savvy member of the household. Not surprising. Today's teens are the first generation to feel totally at ease with computers. Being online is like breathing to them. Not so for parents. The Internet didn't even exist when the parents were kids. As if parenting weren't hard enough, now parents are expected to be expert in Internet, cell phone, and interactive game risks.

And the risks are great. One in five children received a sexual solicitation or approach over the Internet in the last year. 70% of 13 & 14-year-olds admit to visiting private and adults-only chat rooms. Cyberbullying is occurring in middle schools where "I hate you" and "You are ugly and fat" messages and threats far worse are being sent to classmates using the Internet or a cell phone. Kids are posting provocative & personal information about themselves on web communities such as Myspace.com and Xanga.com.

What seemed to open a world of educational opportunities, the Internet has now opened a dark side. It's not just porn sites and online predators that are causing problems for teens. According to some experts, there's an even a greater problem: Internet Addiction. The Net is based on the most addictive reward system there is: intermittent reinforcement. You don't know how much of a reward you will get and when for your behavior. It explains why a fisherman will sit for hours waiting for the next bite or why adults and kids will consume hours cruising the Net.

Research is becoming very interesting. It turns out teenagers are at greater risk than adults. Shy boys and girls in large schools are vulnerable to having problems. Shy kids in large schools are withdrawing into their bedrooms. Some are becoming disturbed and impatient. A few are becoming a violence risk. Children with ADHD are especially vulnerable. It appears the Internet has a calming effect and is the perfect escape from distractibility. The net offers a safety that's very appealing to our teenager's. Not only can they morph themselves into whatever they want, for example an extroverted football player, but they are also safe from rejection perhaps because they can't see or be seen by the other person.

HOW CAN A PARENT MINIMIZE THE RISK OF YOUR CHILD BECOMING ADDICTED OR BEING VICTIMIZED?

Here are some tips to help ensure your child's safety:

1. Set ground rules for usage NOW. Posting clear, simple, easy to read house rules is an excellent way to set boundaries for your child's Internet use. The rules can be signed by you and your child and should be periodically reviewed. Visit www.NetSmartz.org for examples of rules.
2. Put the computer in a public area of the house where there is sufficient adult supervision.
3. Set reasonable time limits on how long your child can use the computer each day. Know who your child is talking to when they are instant messaging and chatting online.
4. If you are not familiar with computers and Internet, get up to speed. Take a class or sit down with your child at the computer to learn more about the Internet. Visit shops, auctions, chat rooms, and blogs so you can better monitor where your child travels on the web. Log on and research MySpace.com and Xanga, popular websites for teens.
5. If you suspect online "stalking" or sexual exploitation of a child, immediately report the information to local law enforcement and the CyberTipline at www.cybertipline.com or 1-800-843-5678 before talking to the child.
6. Watch for danger signs such as sudden social isolation, unwillingness to communicate, moodiness, drop in grades or disinterest in previous real-life social activities. If you notice these signs, it's time to have a talk.
7. Check your bills for unusual charges. Be aware of any gifts and packages arriving from someone you don't know. Notice if there are phone calls from people you don't recognize.
8. Look for real-life problems. Internet addiction goes hand-in-hand with other problems such as depression, anxiety, and use of drugs and alcohol.
9. Enlist your computer's help. Most browsing software has a built in menu where you can check recent activity. However, most computer savvy kids know how to hide their online activities by editing the browser history. And, even more chilling, there are entire websites devoted to teaching kids how to ensure that their parents remain in the dark about their online activities. You can also install software programs that control your kid's Internet use such as Netnanny and CYBERSitter. However, it's a mistake to assume that any piece of software can replace the eye of a watchful parent!

*RESOURCES & references for this article can be found on page 2 of this newsletter.



Tips for Dealing with Grief and Loss

Danya Teixeira, MFT Trainee

Special occasions like birthdays, holidays and times of celebration are often difficult for anyone who has experienced the death of someone loved. Rather than being times of togetherness, sharing and thanksgiving, these times can bring feelings of sadness, loss and emptiness.

LOVE DOES NOT END WITH DEATH

Since love does not end with death, certain occasions may result in a renewed sense of personal grief and feelings of loss unlike that experienced in the routine of daily living. All around you sounds, sights and smells may trigger a memory of the one you love that has died. No simple guidelines exist that will take away the hurt you are feeling. We hope that the following suggestions will help you better cope with your grief during these joyful, yet painful, times of the year. As you read through this article, remember that by being tolerant and compassionate with yourself, you will continue to heal.

TALK ABOUT YOUR GRIEF

Don't be afraid to express your feelings of grief. Ignoring your grief won't make the pain go away and talking about it openly often makes you feel better. Find caring friends and relatives who will listen - without judging you. They will help make you feel understood.

ELIMINATE UNNECESSARY STRESS

You may already feel stressed, so do not overextend yourself. Avoid isolating yourself, but be sure to recognize the need to have special time for yourself. Realize also that merely "keeping busy" won't distract you from your grief, but may actually increase stress and postpone the need to talk out thoughts and feelings related to your grief.

BE TOLERANT OF YOUR PHYSICAL AND PSYCHOLOGICAL LIMITS

Feelings of loss will probably leave you fatigued. Your low energy level may naturally slow you down. Respect what your body and mind are telling you. Lower your own expectations about being at your peak during these memorable, but difficult times of celebration.

BE WITH SUPPORTIVE, COMFORTING PEOPLE

Identify the friends and relatives who understand that these times can increase your sense of loss and who will allow you to talk openly about your feelings. Find those persons who encourage you to be yourself and accept your feelings - both happy and sad.

TALK ABOUT THE PERSON WHO HAS DIED

Include the person's name in your conversation. If you are able to talk candidly, other people are more likely to recognize your need to remember that special person who was an important part of your life.

DO WHAT IS RIGHT FOR YOU

Well-meaning friends & family often try to prescribe what is good for you during these times. Instead of going along with their plans, focus on what you want to do. Discuss your wishes with a caring, trusted friend. Talking about these wishes will help you clarify what it is you want to do during these times. As you become aware of your needs, share them with your friends & family.

EMBRACE YOUR TREASURE OF MEMORIES

Memories are one of the best legacies that exist after the death of someone loved. Special moments can always make you think about times past. Instead of ignoring these memories, share them with your family and friends. Keep in mind that memories are tinged with both happiness and sadness. If your memories bring laughter, smile. If they bring sadness, then it's all right to cry. Remember that memories that were made in love can never be taken away from you.

EXPRESS YOUR FAITH AND LOOK TO IT FOR COMFORT & SUPPORT

Associate with people who understand and respect your need to talk about your beliefs. If your faith is important, you may want to focus on that for support through these times. As you do approach these times, remember: grief is both a necessity and a privilege. It comes as a result of giving and receiving love. Don't let anyone take your grief away. Love yourself. Be patient with yourself. Allow yourself to be surrounded by loving, caring people.

ONGOING CLASSES:

PARENTING, SELF-ESTEEM & MORE

*DISCOUNTS FOR COUPLES & SENIORS

CALL OR VISIT OUR WEBSITE FOR DETAILS

**TFCC SERVING
TEN AREA SCHOOLS**

Boynton High School
 Branham High School
 Camden Community Day School
 Del Mar High School
 Fisher Middle School
 Leigh High School
 Los Gatos High School
 NOVA
 Prospect High School
 Westmont High School

**TOP 10 PREVAILING PROBLEMS
THAT TEENS ARE FACING**

*Based on TFCC annual statistical data from 2004-2005

- 1) COMMUNICATION
- 2) RELATIONSHIPS
- 3) DECISION MAKING
- 4) SELF-ESTEEM
- 5) ANGER
- 6) PEER PROBLEMS
- 7) STRESS / ANXIETY
- 8) FAMILY CONFLICT
- 9) ACADEMIC
- 10) BEHAVIOR AT HOME

Donation Wish List

- ↓# CD Boom Boxes
- ↓# Coat Rack
- ↓# Laptop with Power Point, Word, & Excel
- ↓# Magazine / Literature Rack
- ↓# Magazine Subscriptions: SI for Kids, Nickelodeon, Home, etc.
- ↓# Mini Refrigerator
- ↓# Office supplies: printer paper, color paper, etc.
- ↓# Projector and projection screen for class presentations
- ↓# Sound machines with white noise option

MEET GEORGE ~ THE THERAPY DOG**THE NEWEST
ADDITION TO TFCC'S
EXTENDED FAMILY**

George, a one and a half year old Border Collie mix, was adopted by TFCC Intern David Haley and his wife Karla from the Silicon Valley Humane Society in April of 2005. After completing basic obedience training George was evaluated and was approved by Therapy Dogs International as a Therapy Dog.

Therapy Dogs International, Inc. (TDI) is a volunteer group organized to provide qualified handlers and their Therapy Dogs for visitations to institu-

tions, facilities, and any other place where Therapy Dogs are needed.

The primary objective of the TDI dog and handler is to provide comfort and companionship by sharing the dog with the patients in hospitals, nursing homes and other institutions and wherever else the Therapy Dog is needed.

Clinical evidence suggests that the use of dogs and other animals may be effective in treating depression, grief and loss, low self-esteem, anxiety disorders, conduct disorders and post traumatic stress disorder.

*For more info about therapy dogs visit:
www.tdi-dogs.org*

David Haley, M.A., is an MFT Intern at the Teen and Family Counseling Center Clinic, Branham High School and Del Mar High School. He can be reached at 408-370-9990 ext. 9#

We're not just for teens anymore !
10% Senior Citizen discounts

**NAMI, National Alliance
On Mental Illness**

NAMI is a non-profit, volunteer grassroots organization, providing support, education and advocacy for those suffering from mental illness as well as their family and friends; reduce stigma and guilt; promote research; and improve services by working with health professionals and families.

Located at: Water Tower Plaza II
 307 Orchard City Drive, Suite 205
 Campbell, CA 95008
 (408)-583-0001
 Office hours: M-F, 10am-2pm
 E-Mail: info@namisantaclara.org
 Website: [//www.namisantaclara.org](http://www.namisantaclara.org)

Teen and Family Counseling Center, Inc.



307 ORCHARD CITY DRIVE, SUITE 206
CAMPBELL, CA 95008
(408)-370-9990
www.teenfamilycounseling.org

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Happy New Year from TFCC!

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NEW LOCATION!

WATER TOWER II PLAZA, 307 Orchard City Drive, Suite 206
We are on the corner of Orchard City Drive and Central Avenue

For detailed driving directions please access the link on our website:

www.teenfamilycounseling.org

